



**Avoid a  
Hospital Stay.  
Get Your Flu  
Shot Now!**

[www.healthri.org](http://www.healthri.org)

# Stay Healthy, get your flu shot now!

*Ask about a pneumonia shot too!*

Influenza ("the flu") can make you very sick! You may even end up in the hospital. In fact, each year over 76,000 people in the US die from the flu and pneumonia. Getting these shots can help you remain healthy, keep your family and co-workers healthy, and keep you from missing work!

**It's not worth the risk!** Get your shot now!

## FLU

- You need it **every** year. (*Last year's shot won't work this year.*)
- It is safe and effective!
- You cannot get the flu from it.

*These shots are especially important if you have chronic health problems such as heart or lung problems, asthma, diabetes, kidney disease, metabolic diseases or if you have a weakened immune system.*

*These shots do not protect you from other common respiratory infections, like colds and bronchitis.*

## PNEUMONIA

- Usually only one dose is needed in your lifetime.
- All adults 65 years of age or older should get it.

### Where Can I get a flu or pneumonia shot?

- Call the flu hotline at 1-800-555-7858
- Ask your employer if they will be hosting a flu clinic



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Support for this campaign provided by Blue Cross & Blue Shield of  
Rhode Island and BlueCHiP, Coordinated Health Partners